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A.D.V.
Creamy THROAT
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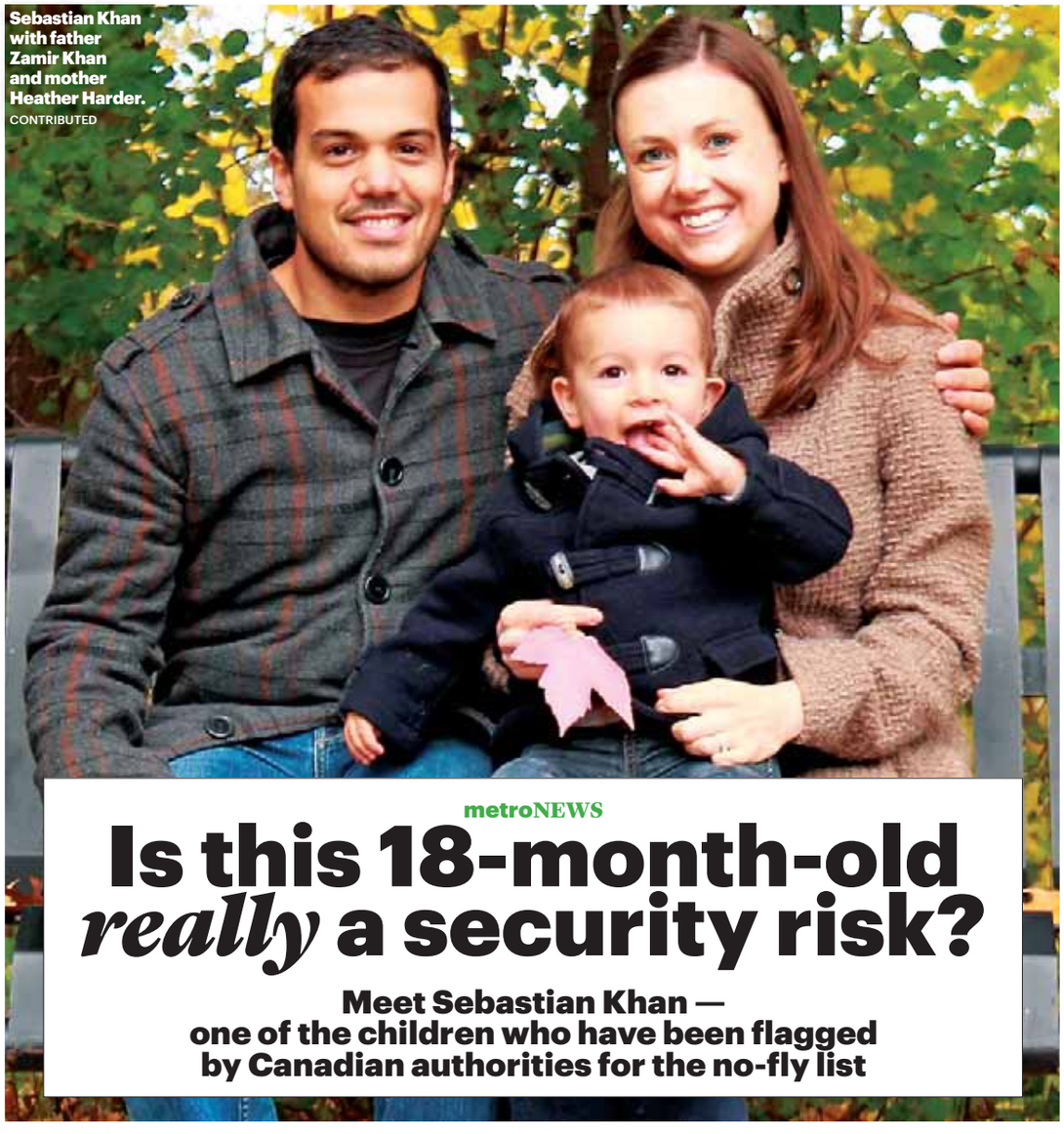

Sebastian Khan with father Zamir Khan and mother Heather Harder.
CONTRIBUTED

metroNEWS

Is this 18-month-old *really* a security risk?

Meet Sebastian Khan — one of the children who have been flagged by Canadian authorities for the no-fly list

Little roads, big changes

REVITALIZATION

T.O. alleyways getting facelift with slew of projects in 2016

Luke Simcoe
Metro | Toronto

It's going to be a big year for little streets in Toronto.

A number of local laneway projects are set to come to fruition in 2016, and even more are underway, say those involved in amping up the city's alleys.

"2016 is going to be the year where the evolution of our laneways lands at the forefront of our public realm strategy," said Downtown Yonge BIA chair Mark Garner, who's heading up the revitalization of O'Keefe Lane near Ryerson University.

Formerly home to rats, raccoons, garbage and broken streetlights, Toronto's myriad laneways are increasingly being seen as untapped sources of public space.

"There's a growing consensus that our laneways are an underused resource and we need to be thinking more intelligently about them," said Michelle Senayah, an organizer with the grassroots Laneway Project. "It's really encouraging."

Senayah and her colleagues spent much of 2015 holding laneway consultations with residents and stakeholders across the city. As a result, the Laneway Project is poised to unveil "master plans" for revitalizing three alleyways in different corners of Toronto.

One of those, Reggae Lane, received a facelift earlier this year, complete with a mural commemorating the neighbourhood's musical history. It's already being touted as a blueprint for revitalizing local laneways, Senayah said.

Over at O'Keefe, the BIA, along with Ryerson, Covenant House and KingSett Capital, has already spruced up the laneway with new lights, a paint job and a small garden run by culinary students. They're currently hosting a design competition to plan the lane's future development.

"Do we green it? Do we enclose it? Other cities have great laneways. Can we maybe borrow something from them?" Garner said, citing cities like Melbourne, Vancouver and Chicago, which have had success animating their alleyways with green spaces and commercial activity.

Garner was adamant that as more condo towers sprout up along Yonge Street, the city will have to incorporate lanes like O'Keefe into the public realm or risk overwhelming the area with pedestrian traffic.

"If we can start doing small things and showing progress, it makes it easier for the bigger projects down the road," he said. "But we don't want to wait five years for the change. Let's do this now."

For more on Toronto's laneways, see page 6

GARDEN DISTRICT

Blaze takes heritage mansion

An unoccupied heritage mansion in Toronto's Garden District was destroyed by a three-alarm blaze that broke out at about 5 a.m. Monday.

Officials say the fire at 314 Jarvis St. began on the second floor and quickly spread to the roof of the building, gutting the building.

Toronto Fire Capt. Adrian Ratushniak said no injuries were reported.

According to a city report from 2012, the residence was built in 1865 and altered in 1901 for Dr. Charles Sheard, Toronto's first chief medical officer. Sheard also served as a Conservative Member of Parliament from 1917 to 1925.

Sheard was perhaps best known as being the man who rid Toronto of smallpox. He waged an aggressive war against the disease at the turn of the 20th century. In an interview with the Toronto Daily Star in April 1908, Sheard said if it were up to him, he'd ban visitors to hospitals. He also expressed his anger over those who didn't want to vaccinate their children against smallpox.

A rezoning application in 2012 called for moving the mansion to build a condo building. The developers modified their proposal to keep it in place. City council rejected the proposal because of the building's heritage status.

Toronto Fire dispatched 20 trucks and 80 firefighters to contain the blaze. The cause of the fire has not yet been determined.

TORSTAR NEWS SERVICE

Three-alarm fire claims an old mansion at Jarvis and Carlton. STEVE RUSSELL/TORSTAR NEWS SERVICE

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First death after just three days

ROADS

Pedestrian killed by car in Scarborough

Luke Simcoe
Metro | Toronto

It only took three days.

A 39-year-old pedestrian was killed by a car on Kennedy Road, just south of Ellesmere, Sunday night, becoming Toronto's first traffic-related fatality of 2016.

"It's a pretty dangerous intersection, no question about it," said Jeff Ware, manager of nearby Arrow Furniture. "There's just so much pedestrian traffic and vehicle traffic moving through it."

The man was hit at about 7:20 p.m. and pronounced dead at hospital, police said. It's believed he was crossing Kennedy mid-block. Ware said Metro pedestrian crossings are far apart along that stretch of Kennedy, which makes walking to the nearest intersection inconvenient.

"A lot of our staff make that risky crossing to get to the bus stop there," he said.

Last year was the deadliest year on Toronto's roads in more than a decade. Sixty-four people — including 38 pedestrians — were killed in traffic-related incidents.

Safety advocates have long been calling for improvements to Toronto's roadways, and the city has promised to unveil a revised road safety plan later this year.

These are some of the major contributors to traffic-related fatalities experts have identified, along with proposed solutions to make our streets safer.

According to reports late Monday, two more pedestrians were injured in a multi-vehicle collision near Jameson Avenue and Lake Shore Boulevard.

SAFETY IDEAS FOR CHANGE

Problem: Crossings
Ontario's chief coroner has noted that a third of pedestrian deaths occurred at mid-block crossings. It's not illegal to cross mid-block in Toronto but it's more dangerous. On many arterial roads, including Kennedy, signal crosswalks are few and far between, which some say encourages jaywalking.
Suggestion: Advocates and the coroner have long called on the city to build more mid-block crossings on major arterials.

Problem: Distraction
"There's a recognition that drivers, pedestrians and cyclists are not paying attention as much as they should," said Stephen Buckley, Toronto's transportation manager. It's a phenomenon he calls "distracted everything."
Suggestion: Buckley says through education, the city can spur a cultural shift to reduce distracted road users.

Problem: High speeds
A pedestrian hit by a car going 50 km/h is nearly twice as likely to die as one hit by a car going 30 km/h.
Suggestion: For many experts, lower speed limits are a key plank of any safety plan.

metro NEWS
Your essential daily news
Tuesday, January 5, 2016

Weather impacting Ontario icewine
Shifting winds of winter in recent years ferment fear for Ontario's icewine industry.
BUSINESS

Hack the cold, wear a scarf

Toronto experienced its first deep chill of the season on Monday, but that didn't stop city folk from taking to the streets armed with subzero savvy. Stock up on these cold weather hacks before the mercury dives downward once again. Metro Explains

Torontonians could be seen bundled up as the city experienced its first bout of cold weather. PHOTOS: LIZ BEDDALL/METRO

What are your best weapons to combat the wind chill?

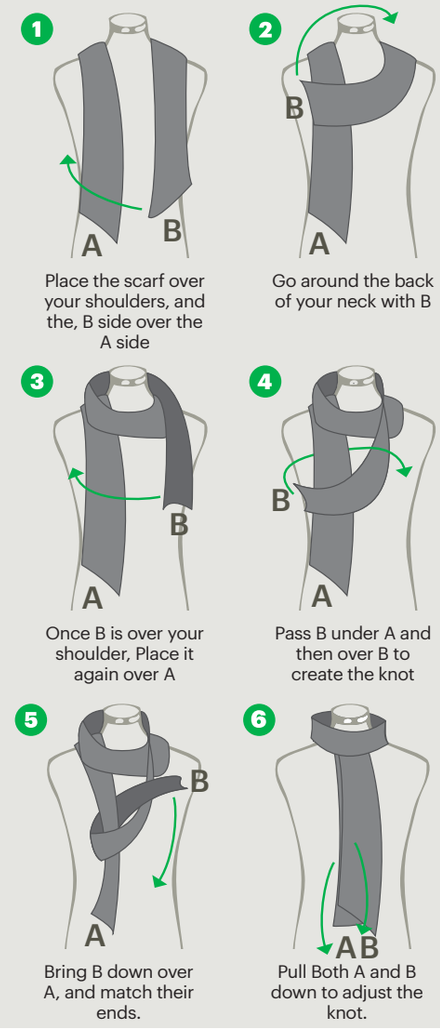
"I don't know if you can see our faces, they're really oily. Because we bought a 100 per cent coconut oil tub and we caked our faces with it because it's such a dry cold." — Hannah D'Souza
"Long johns. Have to, have to, have to. I have them on now." — Estefan Ellis

"Thinking of something else is the only thing I can do because I'm from Vancouver, and I only brought this.
— Brandon Cove
"My secret is to wear a lot of layers underneath, and to invest in a really warm coat. — Elizabeth Tudor

"When I was recently in line for a bar, I had my outfit on and I threw my sweatpants overtop and checked my sweatpants with my jacket."
— Rebecca Perkete (far right)
"Jackets and alcohol."
— Sabrina Szabo (middle)
Also pictured: Ariel Korstron (left)

The Twice Around Ascot

Battle the cold with this scarf knot. You need a longer scarf for it. In case you don't have one that long, just skip steps two and three.



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Bag lunch, winter coats: New life for newcomers

SYRIAN REFUGEES IN CANADA
A FAMILY'S JOURNEY

Kids head off to school while mother starts her ESL classes

Gilbert Ngabo
Metro | Toronto

It wasn't your average post-holiday return to school for the Callaway family in Markham.

The four Syrian refugee children now living in their home set out for their first experience at a Canadian school, while their mother, Tamador, was on a new journey of her own — her first English-as-a-Second-Language class.

"It was a chaotic morning, to say the least," said Gareth Callaway, whose family welcomed the Syrians last month.

The day had to start unusually early, with preparation of lunch bags consisting of turkey sandwiches, apples and snacks. With Monday coming in as the coldest day of winter yet, it was a struggle bundling up — a difficult task, given many coats and gloves were hidden under mountains of donations still scattered around the family's house, Gareth said.

The children are attending Unionville Public School, where they'll first focus on learning English and continue with the same curriculum as other students.

Zainab and BoDour are in Grade 7, the same level as the Callaway children, Ethan and Aidan. Mohammed is in Grade 6, while his younger brother, Ahmad Nour, is in Grade 3.

"They've been looking forward to going to school since they arrived," Gareth said.

The kids are expected to make a fast adjustment to the school environment, but adjusting to the weather may take a little longer.

Gareth recounted a Sunday incident when the younger boys went out to do some sledding, and Ahmad Nour put the wrong coat on.

"He got so cold that he was crying," Gareth said. "It's the kind of mistake you can make only once."

From left: Ethan, Emma, BoDour, Zainab, Mohammed, Ahmad Nour, and Aidan attended school together Monday. CONTRIBUTED

HELPING MORE

A Good Start vows to help nine other family members

— The Callaway family, along with five other families, is taking care of Tamador and her children for the next year as they settle in Canada.

— The group, called A Good Start, is gathering $30,000 with the goal of sponsoring nine other members of Tamador's family who are still in Turkey.

— Donations to their cause can be made through the website canadahelps.org/dn/25076.

GILBERT NGABO/METRO

REDEVELOPMENT

Different look for Union

Toronto's government management committee has approved a proposal to create a "culinary, cultural and retail" experience beneath the Great Hall at Union Station.

The committee recommends that council authorize an amendment to a 2009 lease agreement between the city and Osmington, the company that manages and leases space in the historic transportation hub.

"The overall vision is to turn this into a destination in itself and make it a great civic space," said Osmington's Brad Keast, vice-president of development.

The "vision is consistent with the mixed use and function models employed at both Grand Central (Terminal) in New York City, and St. Pancras Station in London," according to a city staff report.

Union Station has been undergoing a massive revitalization, plagued by delays and cost overruns. The original price tag of $640 million has climbed to more than $800 million, and the entire project was supposed to be completed last year.

But the proposed $37 million in construction costs will not be borne by the city, though the committee approved a recommendation to pay an additional $500,000 to lawyers to oversee remaining work at Union. According to the proposed terms, Osmington will initially fund this total cost and amend established revenue-sharing formulas "so there's zero risk to the city," Keast said.

TORSTAR NEWS SERVICE

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D.F. KING

D.F. King has been retained as information agent for the offer. Any questions or requests for assistance in tendering COS shares should be directed to D.F. King at:

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Toll Free Facsimile:	1-888-509-5907
Email:	inquiries@dfking.com

Readers are urged to consult important additional information relating to the offer available at www.suncorofferforcanadianoilsands.com, including Suncor's offer to purchase and take-over bid circular dated October 5, 2015, as amended November 12, 2015 and December 3, 2015.

SUNCOR

Laneways worthy of love

Laneway proponents in Toronto say there's a lot in store for the city's alleyways in 2016. Groups like the Downtown Yonge BIA and the Laneway Project are busy cleaning, greening, painting and lighting laneways across the city. Here are a few of the projects they're working on right now.

Luke Simcoe
Metro | Toronto

COURTESY KATRINA AFONSO

1 Reggae Lane
Unveiled in September, this north Toronto laneway was cleaned up and turned into a tribute to the neighbourhood's history with reggae music. There's a heritage plaque and a mural depicting local reggae luminaries like Jackie Mittoo and Leroy Sibbles. It's already a success story, but lots more is planned for the lane, says Laneway Project organizer Michelle Senayah.

2 CCBG Lane
Named — at least for now — after a confluence of cross-streets, the Cross Collahie Beaconsfield Gladstone Lane is another laneway tapped for revitalization in 2016.

3 Willowvale Lane
Located just north of Christie Pitts, this lane is being greened by the Laneway Project and the David Suzuki Foundation. Part of its drainage channel will be converted from concrete to grass. Senayah said that if successful, the city's transportation services department may export the idea to other lanes across the city.

COURTESY STEPHANIE STEREOTIS

4 O'Keefe Lane
Thanks to the work of the Downtown Yonge BIA, the northern portion of O'Keefe Lane, adjacent to the Ryerson University campus, has been tidied up, re-painted and re-lit. It's also home to a small garden used by culinary students. The next phase of the lane's revitalization will be announced at the end of the month following a design competition.

COURTESY MICHELLE SENAYAH

5 Farquhars Lane
Located in St. Lawrence Market, Farquhars Lane is one of the alleyways identified by the Laneway Project for revitalization. A community consultation has already been done, and a "master plan" for the lane will be released soon.

GTA NEWS

Fundraiser launched to bring body back to T.O.
Friends and family of a 23-year-old Toronto man have launched a fundraising drive as they face the expense of returning his body to Ontario from B.C.

The family of Ephraim Flores say a five-day search for the nurse ended on New Year's Eve when his body was found in Richmond. The BC Coroners Service says divers recovered his body from a pond in a park. THE CANADIAN PRESS

RIDE campaign sees 8% jump in arrests
The Toronto Police Service's holiday RIDE campaign saw an eight per cent increase in arrests for offences tied to impaired driving.

Between Nov. 19 and Jan. 3, police made 211 arrests — an average of 4.7 per day. METRO

Raccoon that bit police officer ruled not rabid
Toronto public health says a raccoon that bit a city police officer was not rabid.

Police had received a call last Monday from a store owner over a raccoon "in distress and possibly blind."

Raccoon rabies had been eliminated in Ontario for more than a decade until one tested positive in early December. THE CANADIAN PRESS

Charges laid over reports of naked man with cleaver
Police in Brantford say charges have been laid after officers responded to a call about a naked man carrying a butcher knife.

Police say the man walking down the street Sunday morning was also reportedly yelling into a phone.

A 58-year-old has been charged with possession of a weapon for dangerous purpose and uttering death threats. THE CANADIAN PRESS

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Sulemaan Ahmed plays video games with son Adam Syed Ahmed at home in Toronto Monday. **Adam, 6, is on a list that requires an additional security checks.** TODD KOROL/TORSTAR NEWS SERVICE

Kids on no-fly list

AIRPORT SECURITY

By accident of name, they endure intense screenings

Two are toddlers, one is six years old and another is a teenager.

But these kids have something unusual in common. They're all on a security list — Canada's Passenger Protect Program — that means they get unwelcome attention before they can board a plane.

When Sulemaan Ahmed saw his young son Adam's name on a "deemed high profile" (DHP) list at Pearson airport last week he was so frustrated he tweeted a photo of it.

The photo appeared to show his son's legal name, Syed Adam Ahmed, with a DHP label and instructions on how to proceed before allowing the boy to check in.

"Why is our (Canadian-born) six-year-old on DHP no-fly list?" Ahmed tweeted. "He must clear security each time. He is 6."

Khadija Cajee, his mother, says the family has faced "continuous delays" during travel since their son's birth, apparently because he shares a name with someone on the watch list. Since Ahmed's tweet last week, other parents have come forward with similar stories.

For Naseer Muhammad Ali, the security checks began on his first flight, at 10 weeks old, with a diaper pat-down at a Jamaican airport en route to Toronto.

Now almost 3, Naseer is still "on some sort of list."

University of Toronto associate professor Emily Gilbert, who teaches Canadian Studies and specializes in Canada-U.S. border relations. noted it may be difficult to get off Canada's list.

In the United States, a passenger who has a name similar to one on a "no-fly" list can request a "redress number" after being cleared. But appealing one's placement on the list in Canada is more complicated after the passage of Bill C-51, the Conservatives' controversial anti-terror legislation.

Adam's 15-year-old cousin, Saif-ullah Abdul-Rehman Khan, is also "deemed high-profile," his mother, Ahmed's sister Shireen, said, adding that his DHP status was confirmed by a flight attendant when Saif-ullah was returning from a family visit to Halifax in 2014.

Six months earlier, he, his parents and three siblings were held at a U.S. border services interrogation room at Pearson Airport for 45 minutes. That's when his difficulties were revealed to Shireen Ahmedt.

Years before, on another trip to Halifax, her youngest child Mustafa, now 9, was called aside by an airline agent, the mother added. He was just 11 months old at the time.

Referring to her nephew Syed Adam Ahmed, she said:

"How do you explain to a six-year-old? What do you tell them? 'Oh, I'm sorry you're Muslim; I'm sorry you're brown' ?"

Public Safety Minister Ralph Goodale has said he would look into the family's case.

Cajee hopes that more identifiers be added to the list so border agents could distinguish between the person who's actually on the list and a passenger merely unfortunate enough to have a similar name. TORSTAR NEWS SERVICE WITH A FILE FROM THE CANADIAN PRESS

EXTRA SURVEILLANCE

Sebastian Khan

Sebastian Khan, 18 months, has had trouble flying since he was six weeks old. His placement on a flight-risk list was confirmed, his father Zamir Khan says, in an email from WestJet's chief planning officer.

Naseer Muhammad Ali

Naseer Muhammad Ali turns 3 on Saturday and already he is accustomed to flying as a "deemed high risk," said his mother, Khudaji Ali. When he was 10 weeks old, she saw border agents in Canada and Jamaica appearing to dial a special number when they saw the baby's passport.

Syed Adam Ahmed

The six-year-old boy's father, Sulemaan Ahmed, who tweeted a photo of his son's name with a "DHP" annotation at Air Canada, was once a flight attendant for the company. "He had to go through FBI and RCMP, and all those clearances, which he passed," Cajee said. "And here is his son, who can't even check in online. It's just silly."

Saif-ullah Abdul-Rehman Khan

Saif-ullah Abdul-Rehman Khan, Adam's cousin, is also on a list. "Minors from the same family," his mother, Shireen Ahmed said, noting the coincidence — since the two boys have different surnames — which she pointed out must mean the watch list is extensive. "The worst thing he's done is get under 90 in a math exam," Ahmed joked. TORSTAR NEWS SERVICE

TORONTO Call 311

Join the discussion about Toronto's 2016 Budget

The preliminary 2016 tax supported budgets are being considered by the Budget Committee for recommendation to the Executive Committee and City Council.

Review the preliminary 2016 Budget at: **toronto.ca/council** or **toronto.ca/budget2016.**

User Fee Town Hall Meeting
City Hall, Committee Room 2, January 11, 6 p.m.

Information session on the user fee policy and any proposed fee increases above inflation. No deputations.

To participate in the 2016 Budget discussion:

1. Make a public presentation at one of the Budget Subcommittee meetings on January 12, 13 or 14, 2016.
Register by email to buc@toronto.ca or call 416-392-4666 before 12 p.m. on Monday January 11. Indicate your choice of location, date and session number. Individuals may make only one presentation at any one of the sessions.

City Hall
Committee Room 1
100 Queen St. West
January 12
Session 1: 9:30 a.m.
Session 2: 6 p.m.

Etobicoke Civic Centre
Council Chamber
399 The West Mall
January 12
Session 1: 3 p.m.
Session 2: 6 p.m.

Scarborough Civic Centre
Council Chamber
150 Borough Drive
January 13
Session 1: 3 p.m.
Session 2: 6 p.m.

North York Civic Centre
Council Chamber
5100 Yonge Street
January 13
Session 1: 3 p.m.
Session 2: 6 p.m.

East York Civic Centre
Council Chamber
850 Coxwell Ave.
January 14
Session 1: 3 p.m.
Session 2: 6 p.m.

York Civic Centre
Council Chamber
2700 Eglinton Avenue West
January 14
Session 1: 3 p.m.
Session 2: 6 p.m.

2. Send your written comments to the BudgetCommittee.
Email: buc@toronto.ca. Fax: 416-392-1879, or Mail: Toronto City Hall, 100 Queen St. W., 10 West, Toronto, ON M5H 2N2. Send to - Attention: Budget Committee

3. Send a letter or email to your local City Councillor.
For contact information, please call 311, TTY: 416-338-0TTY (0889), email 311@toronto.ca or visit toronto.ca.

Notice: If you write or make a presentation to the Budget Committee, the City will collect and use your personal information in accordance with applicable laws. We also videotape meetings and make recordings publicly available on request. More information about the collection and use of your personal information is available at:

http://www.toronto.ca/legdocs/privacy.htm.

Dedicated streetcar lane urged

KING STREET

Transit would move faster, councillor says

Gilbert Ngabo
Metro | Toronto

If Coun. Joe Mihevc had his way, there would be no cars on the King Street streetcar tracks.

"You can move a lot more people more efficiently and have better control of spacing when you have a right of way," said the Ward 21 councillor. "You've basically created a downtown relief line of its own."

Mihevc is one of many transit advocates calling for the city to create a dedicated right of way for the 504 King. The busiest of the TTC streetcar fleet, the line moves about 60,000 riders daily — and is known for overcrowding and delays.

The transit commission recently introduced all-door boarding for streetcar lines, in part, to help speed up service.

The 504 King streetcar is the busiest of the TTC fleet, moving about 60,000 riders daily. LIZ BEDDALL/METRO

Having a dedicated lane on King would move transit along with traffic even faster, Mihevc said.

"One of the biggest problems is with single passenger motorists making left turns," he said. "So here you have a streetcar with 100 people on it, and have to wait for five or 10 minutes for two or three cars to turn. It's not a very efficient use of the road."

Streetcars have right of way on several streets, including St. Clair, Spadina and Queen's Quay. The city's planning department and the TTC are working on a feasibility report for King. The report will help determine what section of King would be affected.

The move could force more people to consider using public transit as opposed to driving, Mihevc said.

"If you're stuck in your car and see the streetcar go by, you're probably going to say, 'Hey, I want to go use that streetcar next time,'" he said.

> **You've basically created a downtown relief line of its own.**
> Coun. Joe Mihevc

Transit apps out of whack

TTC riders using their frozen fingers to check vehicle arrival times on their cellphone apps Monday faced some longer — and shorter — waits than promised.

That's because the TTC's new-year schedule changes weren't uploaded by California company NextBus, which supplies data to the city's open-data site, where it is used by app-makers to provide vehicle arrival predictions.

"Even our own boards in subway stations will be wrong," said TTC spokesman Brad Ross.

"It doesn't mean all routes are way out of whack … but some will be more reliable than others," he said, stressing that transit officials were trying to sort out the issue. The transit agency pays NextBus about $600,000 a year, he said.

TORSTAR NEWS SERVICE

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CONTROVERSIAL BUILDING

Brampton sticks to its corner

The City of Brampton says it has no plans to modify the corner of its new $205 million city hall building, despite an overhang that's been hit by vehicles at least twice, and mounting concerns among councillors about public safety.

"I was in the building the first time it was hit; a truck came around the corner while we were on a break from a workshop around late spring, early summer. We heard the bang and a loud screeching noise," said Coun. John Sprovieri, who has criticized the project, an extension of the old city hall building, for being too expensive and for not complying with the city's bylaws for setback requirements, resulting in a building that is too close to the street.

"I called staff about a month ago after it was hit again. Aluminum siding was hanging from the corner, flapping in the wind," Sprovieri said.

City spokesperson Mariann Gordon confirmed that the new building has been struck twice, that the city knows of. She said it's possible that other collisions were not reported. "There are no plans currently in place to modify that corner," she stated in an email Monday.

Three other councillors said the protruding northeast corner, at Queen and George streets, has been hit by turning trucks at various times. Pat Fortini and Elaine Moore said it has been hit three times and both witnessed it being struck on one of those occasions. On Monday, the overhang remained visibly damaged, with a vertical crack along the edge, metallic siding partly split and damage to the bottom surface.

"The corner's pretty tight," Coun. Jeff Bowman said, "even for cars turning. I know that it was struck recently. It is cause for concern. My question is, is it a matter of time before someone makes a tight turn and it's a pedestrian standing there? The public's safety is our biggest concern."

George Startup, a Brampton resident and city hall watchdog, says he warned staff that the building design put it too close to the street.

Sprovieri said the collisions came as no surprise. "Everyone knew this was going to happen. It was pointed out years ago that the plans did not conform to the setback rules in place when the building was approved."

TORSTAR NEWS SERVICE

Councillors who complained Brampton's city hall building at Queen and George streets was built too close to the road say it now has been hit three times by trucks. TORSTAR NEWS SERVICE

> **There are no plans currently in place to modify that corner.**
> Mariann Gordon

New superbug gene detected in Ontario

HEALTH

Scientists sound alarm on antibiotic resistance

An alarming new superbug gene that makes bacteria resistant to a last-resort antibiotic has been detected in Canada, Torstar News Service has learned.

The gene, called MCR-1, produces an enzyme that makes bacteria invincible to colistin, a highly toxic antibiotic used only when all other drugs have failed.

MCR-1 was first reported in November by scientists in China, who published a paper in The Lancet. Analyzing bacterial samples in southeastern China, researchers found 260 samples of E. coli with the MCR-1 gene on meat, hospital patients and farm animals — the likely source of this new superbug, the paper suggests.

So far, there have been no reports of deaths caused by MCR-1 and some people could be harbouring the superbug asymptomatically. But the nightmare scenario is that MCR-1 will spread to more virulent bacterial strains that also carry other resistance genes — thus creating a "pan-resistant" superbug capable of defeating every antibiotic in the medicine cabinet.

Since the Lancet paper, at least a dozen other countries have also found the MCR-1 gene. Among them is Canada, where an investigation was triggered in December by the Public Health Agency of Canada. A case report has been submitted to the Lancet, according to Dr. Michael Mulvey, chief of antimicrobial resistance with the PHAC's lab in Winnipeg.

The superbug gene was found in three different samples of E. coli, all previously collected for special research projects: one from a 62-year-old patient in Ottawa and two from ground beef sold in Ontario.

TORSTAR NEWS SERVICE

A worker at a poultry farm in Hefei, in eastern China's Anhui province, on Nov. 20, 2015. AFP/GETTY IMAGES

How bacteria fight back

Antibiotics such as colistin are some of the most powerful weapons available to fight dangerous bacterial infections. Here are some ways bacteria like E. coli are evolving to defeat them:

1 Overuse
In China, livestock are given colistin in their feed; the antibiotic wards off infections and promotes animal growth.

2 Evolution
When exposed to high amounts of colistin, the evolutionary process of natural selection kicks in. Weaker strains are killed off while bugs that can overpower colistin survive.

3 Survival
Among the surviving bacteria are superbugs with the MCR-1 gene. The gene is located on a plasmid, a free-floating circle of DNA, and codes for an enzyme that makes it effectively invincible to colistin.

MILITARY

When pot is a lifeline

It took six deaths on Easter Sunday in 2007 for Noah Starr's life to unravel.

It would take five years, thousands of pills, lost relationships and the discovery of medical marijuana before he won back some semblance of control.

"People call marijuana a gateway drug and it absolutely is — it's been the gateway to my recovery," said the former Canadian Armed Forces combat engineer from Fredericton, N.B.

Starr, now 31, can trace his troubles to a road about 75 kilometres west of Kandahar City, Afghanistan. It was there on April 8, 2007, that an improvised explosive device exploded as a light armoured vehicle carrying six Canadian soldiers drove past. Starr was nearby and among the first to respond.

Afterward, Starr was acutely aware he was suffering psychological problems and he told his superiors he needed help.

A doctor started him on a program built upon a cocktail of prescribed drugs to help him sleep, to deal with depression and to tamp down his anxiety.

Starr said if he ever forgot these drugs, "I would get a wicked withdrawal reminder and my quality of life was almost non-existent."

That regimen continued for years. Starr said that the heavy doses of sleeping pills he was prescribed caused him to be chronically late for work. In December 2012, Starr was released from the military, judged "unsuitable for further service."

Preparing for life as a civilian, he began looking for a new treatment. He examined psychedelic drugs like LSD and ecstasy, which have been shown to have some benefit in PTSD therapies.

Noah Starr TORSTAR NEWS SERVICE FILE

He finally settled on marijuana, which he at first had to purchase illegally off the street — a transaction that only heightened his anxiety. "Even that stuff did have a wonderful effect on me," he said. The marijuana was also a brake for Starr's uncontrollable anger.

Since early 2013, he has not touched any pharmaceutical drugs. Starr now runs a property management company and works as a marijuana mentor for CannaConnect, a company that helps veterans obtain prescriptions and benefits for medical marijuana. TORSTAR NEWS SERVICE

ADVERTISEMENT

Five Winter Driving Safety Tips

Shift into winter with helpful advice

Driving in the winter requires more caution due to slippery road conditions and poor visibility during snowfall. Follow a few simple tips and stay safe this winter.

Slow Down

When roads are not at their best, you should consider going slightly slower than the speed limit. Ice, snow and other winter road hazards all mean that you should slow down a little more. Consider the road conditions when you set your speed, and remember that driving too fast for road conditions can earn you a traffic violation.

Allow Greater Stopping Distance

Slick roads will increase the distance your car needs to come to a safe stop. This means you need to brake earlier and more cautiously. Allow more distance between your car and the car in front of you in traffic to prevent a rear end collision if you cannot stop in time. Use special caution when approaching pedestrian crosswalks, and stop early for pedestrians.

Know Before You Go

Check the weather forecast, road conditions and potential closures before you head out. Consider staying home instead if severe weather is forecasted, and bear in mind that road closures may happen at any time. Be sure that someone knows where you are headed and when you should be expected.

Pack an Emergency Kit

Your car should be equipped with a winter emergency kit that includes first aid supplies, warm blankets, non-perishable food items, flashlights, a folding shovel and cat litter or sand for traction. Having a kit with these basics on hand can keep a minor roadside problem from becoming a major one – and can also help in a true emergency.

Get Winter Tires

Winter tires provide your car with more traction and handle freezing temperatures better than all-season or summer tires. They will help you keep control of the car and stop effectively. Additionally, many car insurance companies offer a discount for buying winter tires, so you can save on your premiums and stay safe on winter roads at the same time.

Winter roads can be hazardous, and drivers should always approach them with caution. Safe winter driving will ensure that everyone makes it through the worst of the winter weather safely and with fewer accidents.

Carolyn saves 5% on her car insurance by taking advantage of a winter tire discount.

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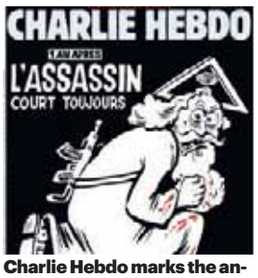
Ranchers report to jail as protesters stay on land



Charlie Hebdo marks the anniversary of attacks. TWITTER

MEDIA

Hebdo's special copy out

In a special edition laced with blasphemy, obscenity and profanity, Charlie Hebdo's surviving artists and writers declared that the satirical newspaper is alive, but "the murderer is still at large."

The copy marking the anniversary of the Jan. 7 attack on the paper's staff accuses Islamic fundamentalists, organized religion, an irresolute government and intelligence failures for the 2015 violence in France by extremists that started with that day. Seventeen people died at Charlie Hebdo and at a kosher supermarket two days later.

Charlie Hebdo's special edition, with a front-page caricature of a bloody God wielding an assault rifle, darkly predicts that more violence is to come.

Laurent Sourisseau, or "Riss," drew the cover and wrote an editorial describing the horror he survived. He insisted the newspaper would remain alive because "never have we wanted so much to break the faces of those who dreamed of our deaths." THE ASSOCIATED PRESS

OREGON

Occupation continues against U.S. government

Father-and-son ranchers convicted of setting fire to federal grazing land reported to prison on Monday as the armed anti-government activists who have taken up their cause maintained the occupation of a remote Oregon wildlife preserve.

Federal authorities made no immediate attempt to retake the Malheur National Wildlife Refuge in eastern Oregon, which about two dozen activists seized over the weekend as part of a decades-long fight over public lands in the West.

There appeared to be no urgent reason for federal officials to move in. No one has been hurt. No one is being held hostage. And because the refuge is a bleak and forbidding stretch of wilderness, and it's the middle of winter, the standoff is causing few if any disruptions.

Meanwhile, the armed group said it wants an inquiry into whether the government is forcing ranchers off their land after the father and son were ordered back to prison for arson on federal grazing lands.

The group calling itself Citizens for Constitutional Freedom demanded a government response within five days related to the ranchers' extended sentences.

Ammon Bundy — one of the sons of rancher Cliven Bundy, who was involved in a 2014 Nevada standoff with the government over grazing rights — told reporters that Dwight Hammond and his son, Steven Hammond, were treated unfairly.

The Hammonds were convicted of arson three years ago for fires on federal land in 2001 and 2006, one of which was set to cover up deer poaching, according to prosecutors. They said they lit the fires to reduce the growth of invasive plants and protect their property from wildfires.

The men served their original sentences — three months for Dwight and one year for Steven. But an appeals court judge ruled the terms fell short of minimum sentences that require them to serve about four more years.

Their sentences have been a rallying cry for the group, whose mostly male members said they want federal lands turned over to local authorities so people can use them free of U.S. oversight. THE ASSOCIATED PRESS

EUROPE DENMARK AND SWEDEN DEAL BLOW TO BORDER-FREE ZONE
Danish police officers patrol the border crossing Padborg near Flensburg, Germany, Monday. Germany says Europe's system of passport-free travel across borders is in danger following the decision by Denmark to step up controls on its southern frontier. Denmark and Sweden tightened border checks Monday to stem the flow of migrants coming in from Germany, dealing fresh blows to the vision of a Europe without national boundaries. As of midnight Sunday, Sweden demanded that passengers travelling by train from Denmark show ID, something that hasn't been required since the 1950s. ERNST VAN NORDE/POLFOTO VIA THE ASSOCIATED PRESS

DIPLOMACY

Saudi Arabia allies cut ties with Iran

Allies of Saudi Arabia followed the kingdom's lead Monday and scaled back diplomatic ties to Iran after the ransacking of Saudi diplomatic missions in the Islamic Republic, violence sparked by the Saudi execution of prominent Shiite cleric Sheikh Nimr al-Nimr.

Sudan and the tiny island kingdom of Bahrain said they would sever ties with Iran, as Saudi Arabia did late Sunday. Within hours, the United Arab Emirates announced it would downgrade ties to Tehran to the level of the charge d'affaires, while other nations issued statements criticizing Iran.

The concerted campaign by Sunni-ruled Saudi Arabia highlights the aggressive stance King Salman and his son, Deputy Crown Prince Mohammed bin Salman, have adopted in confronting Iran, a longtime regional rival.

"What we have seen during the last 24 hours is unprecedented... It shows you Saudi Arabia has had enough of Iran and wants to send a message," said Abdulkhaleq Abdullah, a political science professor at Emirates University. "This is the Saudis saying: 'There is no limit to how far we will go.'"

The standoff began Saturday, when Saudi Arabia executed al-Nimr and 46 others convicted of terror charges.

Al-Nimr was a central figure in the Arab Spring-inspired protests by Saudi Arabia's Shiite minority. THE ASSOCIATED PRESS

IN BRIEF

Lion-hunting raffle nixed
A safari company has cancelled a controversial raffle that offered hunters the chance to kill a lion at a conservation area in Zimbabwe. Martin Nel Safaris had been selling 100 tickets at $1,500 each. "The whole idea of it was to actually raise money for conservation," said Nel. TORSTAR NEWS SERVICE

U.K. dismisses ISIL video
British Prime Minister David Cameron on Monday dismissed a video in which five purported spies are shot dead by masked ISIL extremists as propaganda from a group that is losing control of territory. "It's desperate stuff from an organization that really does do the most utterly despicable and ghastly acts," he said. THE ASSOCIATED PRESS

Icewine industry feels chill

AGRICULTURE

Unseasonable temperatures have delayed grape harvest

A late deep freeze this winter may have lifted the spirits of Ontario's icewine industry, but grape growers say bigger questions about the impact of a changing climate are creeping up on their business.

Canada is one of the few countries where temperatures in wine-growing regions drop to the -8 C required for icewine.

Laura Sabourin, who runs an organic vineyard outside St. Catharines, Ont., and supplies grapes to winemakers, said the unseasonably warm temperatures over the past month have delayed her harvest, but in previous years she has picked as late as the last week of January. "The harvest is going to be down, but that's not the result of this warm winter," she said. "It's the result of two previous cold winters."

Grape growers say there's still time for an icewine harvest in the coming weeks despite the mild winter, but bigger questions about the impact of a changing climate are creeping up on the industry. THE CANADIAN PRESS FILE

Even though icewine grapes are bred to withstand the cold, temperatures that drop too quickly can kill emerging buds and even the vines themselves — which was the case over the past two seasons, Sabourin said.

Sabourin said Canadian vineyards have to look at strategies to protect themselves in the face of a changing climate.

Icewine is made from grapes left on the vine when the cold hits. ISTOCK

She said growers could bring in new varieties of grape that are designed for even tougher winters, adopt new harvesting and preservation techniques from specialized vineyards in colder climates such as burying the grapes, and diversify into other crops.

Patrick Gedge, president of the Winery & Grower Alliance of Ontario, said wine growers are investing in new technologies, such as wind machines that pull down warm air from higher in the atmosphere, to deal with shifting temperatures. THE CANADIAN PRESS

IN BRIEF

Gun sales soaring in U.S., new data indicates

Gun makers' stocks are surging in a slumping market, as new data indicates a sales jump after 2015 ended with more mass shootings and growing political pressure to tighten regulation in the United States. Numbers from the National Instant Criminal Background Check System show that background checks jumped about 38 per cent last month. Wedbush Securities analyst James Hardiman says that indicates a sizeable sales increase. THE ASSOCIATED PRESS

market minute

DOLLAR 71.73¢ (–0.52¢)

TSX 12,927.15 (–82.80)

OIL $36.76 US (–28¢)

GOLD $1,075.20 US (+$15)

NATURAL GAS: $2.334 US (–0.3¢)
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metro VIEWS
Your essential daily news
Tuesday, January 5, 2016

the big number

437,400

Of interest to those of us who aren't CEOs: This is the approximate number of open jobs there were in Canada at last count (the midpoint of 2015). **The average wage on offer was $18.80 per hour**. Job seekers could consider a trek up to the Yukon, whose job-vacancy rate, at five per cent, is the nation's greatest. Head to chilly Nunavut for the best wages on offer, where the average vacant position pays a cool $28 per hour. Most of the jobs available across the country, however, likely pay far less. The most common roles employers were looking to fill in 2015 included retail salespeople, cashiers, food and beverage servers, truck drivers, customer service reps and landscaping and farm labourers. The only professional categories in the top 10 were chefs and "computer and information systems professionals" — so if you've been meaning to try your hand at learning code, now may be the time. SOURCE: STATISTICS CANADA

Trudeau's radicalism: Be good, not just better-off

Richard Gwyn

Probably because so many spokespersons from the Queen to the Pope were uttering their thoughts during the just-ended holiday season, one of these of considerable interest to Canadians got almost no attention in the press.

Its author was our new prime minister, Justin Trudeau. What he said was unique to him and to this country. Intriguingly, in the views he expressed it's possible to detect some that match those of his wife, Sophie Grégoire-Trudeau. As a further reach — perhaps one too far — it's possible to detect some that echo the opinions of Pope Francis.

We want our economy to expand ... We also want the kind of Canada we once had.

Consider for instance these sentences by Trudeau and then try to identify an equivalent in any other country.

First: "Governments can't solve every challenge. We need Canadians to do more, too."

Then some of Trudeau's examples: "We can give in tangible ways — by donating time or money to … support our more vulnerable neighbours." And: "We can be more patient and understanding." And, "I hope that this year we can be gentler with ourselves, and with others."

Then his summation: "Let's show each other what it really means to be good; to be Canadian. Let's open our hearts and share love with those around us."

Phew! All of that is most certainly unique. In just about any other country few if any leaders would dare to talk in that way. Entirely sensibly, they would fear being laughed at, and, much worse, heaved out at the next election.

Trudeau, though, dared to say it. He did this because he — and Sophie — believes in it.

It's very likely that few Canadians read or heard of Trudeau's words, most having had more important seasonal work to do such as keeping their Christmas tree, or its equivalent, more or less straight.

A valid case can be made that Trudeau wasn't elected to preach purity but to run the country more effectively.

For most Canadians these days, the most important issue is that of jobs and salaries. Former U.S. President Bill Clinton's famous comment, "It's the economy, stupid," says just about all that needs to be said.

The state of our economy is more troubling than it's been since in 2008 when we actually escaped a global depression in better shape than almost any other country.

Today, though, our economy lags behind. The global commodity boom, during which we thrived, above all in oil, has evaporated. Our dollar hasn't been as weak in years, its most troubling characteristic being that the cheapness of our currency has earned us few increases in our exports.

At such a time, though, our leader is applying himself to telling us how to be good rather than how to be better-off.

What's intriguing about this contradiction is Canadians share it. Certainly we want our economy to continue to expand in the way it once did. Almost as certainly, a great many of us also want the kind of Canada we once had, or thought we had, to be "back."

Getting both will be a huge challenge. Throughout the year 2016 it's going to be fascinating watching Trudeau recalibrate his program, which at present encompasses far too many attractive but expensive electoral promises at a time when far too little revenue is coming in to pay for them.

What Trudeau's Christmas statement thus amounted was his declaration that even if he has to step back — quite a way back, indeed — he will still hold to his ideas and dreams.

As time passes, more and more Canadians may come to regard such talk as irrelevant to our economic reality. Some may laugh at such pretensions. Alternatively, many may refuse to give up the Canada that has come back to them.

In our history, it's one of the most radical political choices we have ever had to make.

Richard Gwyn is a Toronto Star columnist.

ROSEMARY WESTWOOD

metroview

CEO salaries are as absurd as they are seemingly intractable

By 12:18 p.m. yesterday, I had accomplished quite a lot.

I woke up, for one, at the respectable time of 7:30 a.m. and rose a reasonable 45 minutes later.

I showered, blitzed a smoothie, walked to work and hit the 10:30 a.m. meeting. By noon, I'd already decided to write this column.

But that is clearly nothing compared to this country's top 100 CEOs. By 12:18 p.m. on Jan. 4, they had already made $48,636 — otherwise known as the average Canadian's entire salary for the year.

They must have done something to earn it.

Most likely rose well before 6 a.m., thus proving their productivity just by getting up. They probably did a morning workout (it's a regular in the CEO routine) and then found a way to turbo-charge the dragging Canadian economy.

Not quite? Well then. They got up, exercised, and cured our dependency on oil.

Okay, fine. They got up, exercised, and solved child poverty (which afflicts 40 per cent of indigenous children).

Or: They got up, exercised, and helped us all live healthier lives, with less personal debt, greater access to quality food, and better health care.

Wait: Maybe Mark Thierer, CEO of Catamaran Corp., actually did that. His company sells pharmacy benefit and medical record-keeping software, so that must be what his $16.3 million is for.

It's a lot, but he's got nothing on BlackBerry's John Chen, worth $89.7 million a year.

The figures, crunched by the Canadian Centre for Policy Alternatives, are depressing. You still have a year's worth of work hours left to earn your $48,000 and change.

It reminds me of The Big Short, which, if you haven't, you should see. The movie is a sad/funny condemnation of the arrogance and impunity that caused the 2008 crisis. It notes that none of the very well paid executives running the banks were prosecuted for the disaster, and, as outlined in the Canadian CEO study, high salaries hardly took a hit when the economy crashed. Sure, some people are going to be richer than others, but the only argument for CEO salaries is that they represent the status quo. It's an absurdity matched only by the seeming intractability of the problem.

Enter the campaign to elect Bernie Sanders. Sanders has many believing that ludicrous power and wealth can be curtailed, and we'll find out this year whether that message is appealing enough to win the Democratic nomination, or even the U.S. presidency.

It'll be November by then, and you'll still face a few hundred hours of work to match what a CEO earned yesterday morning.

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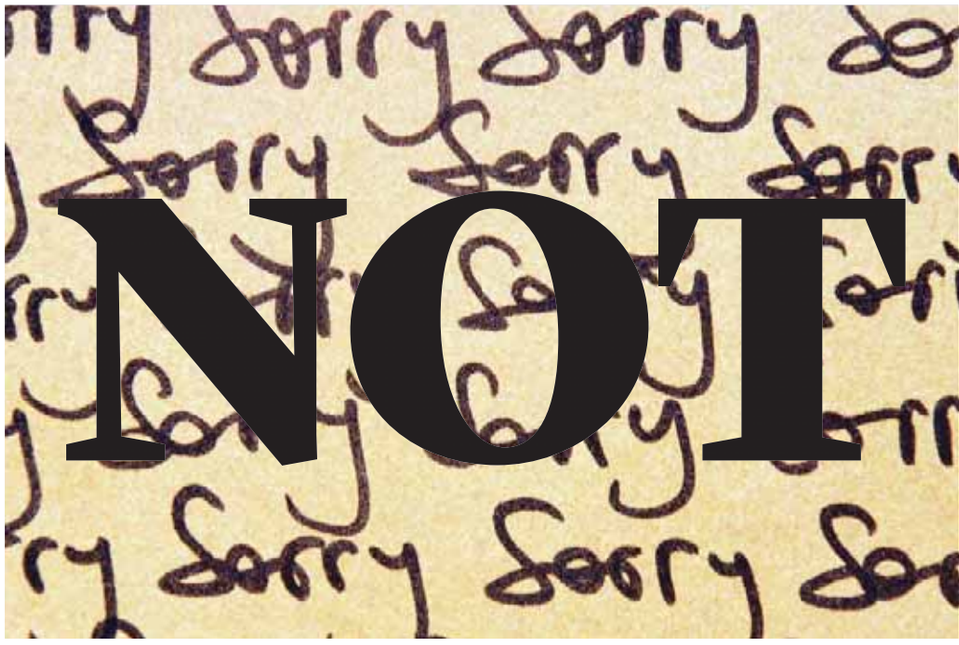

Selfish and loving it

Author Sarah Knight shares how ceasing to care can change your life

Here's a thought: what if you just quit that job you hate? Or said no to that next annoying baby shower? Or stopped pretending you like Taylor Swift?

Sarah Knight says it's possible. And it's tried and true by the writer herself. The Brooklyn-based author quit her all-consuming, six-figure New York City editing job in June and hasn't looked back. The big move was part of her journey to devote less time to people and things that annoy her.

"I stopped keeping track of my vacation days like a prisoner tallying her sentence in hash marks on the cell-block wall," she writes in The Life-Changing Magic of Not Giving a F—: How to Stop Spending Time You Don't Have with People You Don't Like Doing Things You Don't Want to Do (Little, Brown and Company $20.49) a "practical parody" of Marie Kondo's bestseller of a similar name (The Life-Changing Magic of Tidying Up).

"I hung up on telemarketers; I said no to a weekend trip with toddlers; I stopped watching Season 2 of True Detective after only one episode."

Knight's Kondo strategy is the "mental decluttering" that she names the "NotSorry Method." Like Kondo, Knight says her tips could be life-changing: "once you begin implementing NotSorry, you'll never want or need to give an extraneous f— ever again."

Instead, you'll give them to people and things that make you happy. Here, Knight talks about her expletive-ridden self-help guide.

You've written the f-word a lot in this process. Has that word lost any of its power to you?

In my life, the f-word has never been more than something to underscore and emphasize. I did do a count and it's something like 732 f-words in the book. Somebody asked me if I had beat The Wolf of Wall Street, so I Googled and I found that The Wolf of Wall Street used the f-word, like, 500-and-something times. So I have well-exceeded.

Let's talk about the phrase at the centre of it all. What does this mentality mean — to "not give a f—"?

We all understand the colloquial expression of "not giving a f—" to mean not caring about something. So if I'm like, "I don't give a f— about Taylor Swift," I don't care about Taylor Swift. I don't want to talk about Taylor Swift. I don't want to listen to Taylor Swift. I don't want to click on articles about Taylor Swift.

But what I am saying in my book is to quantify your f—s in terms of time, energy or money — sometimes two of those, sometimes all three — and literally do not give your f—s to things that you don't care about, to things that annoy you. You have to identify the things that make you happy and the things that annoy you.

I love the subtitle: How to Stop Spending Time You Don't Have with People You Don't Like Doing Things You Don't Want to Do.

I'm glad, because as a publishing professional, I've spent so many years being told "negativity doesn't sell" and "don't be negative." I didn't get any pushback from my publishing team, but I had these little publishers on my shoulder whispering into my ear, "You should try to make it more positive," and I was like, no, this is the point.

> **If you act selfishly in a lot of circumstances, it only makes you a happier ... person**
>
> Sarah Knight

You write that, before, you were socializing with people you didn't like to "appear benevolent." You performed jobs that were beneath you to "appear helpful." You ate disgusting things to "appear gracious." Those are good traits, aren't they?

I don't think so, if it makes you an unhappier person. I really think that selfish has turned into a four-letter word in our society and I don't think it should be. I think that if you look out for Number 1 and if you act selfishly in a lot of circumstances, it only makes you a happier, more well-adjusted, calm person. You're a better colleague, you're a better spouse, you're a better friend, you're a better parent, if you take the time to live your life the way you want and not constantly be besieged by doing things that you don't want to do. That just makes you cranky.

There's a key difference between "not giving a f—" and being an a–hole. How do you make sure you're on the right side of that line?

I really advocate for a combination of honesty and politeness. I think that a lot of people never get to that point because they're so consumed with guilt and obligation.

Maybe somebody might say that's selfish, that you should go to that baby shower because that's your friend. But if you turn it around, do you want your friends to do things for you that you know they don't want to be doing? I think if the answer is yes, you're an a—hole. The answer should be no.

What's your advice for someone in that situation? Do you say "I can't make it?" That's sort of a lie in a way.

I talk in the book about the sliding scale of honesty. If you don't want to go to something because you don't like that person's husband and you say "I don't want to come to your party because I don't like your husband." Well, that's very honest, but it's also very rude.

The whole "NotSorry Method" is about taking levels of honesty and politeness and sliding them around on the scale like at the doctor's office when they have to move the little thing around to figure out how much you weigh. You want to find that perfect balance of honesty and politeness.

Sometimes a little fibbing is necessary. You can just say, "So sorry can't make it, have fun." You don't have to invent a whole excuse that's like, "I can't make it because we're going to be in Philadelphia for this thing," and then you have to police your social media and make sure nobody checks you in at this place at this time. Just "I'm so sorry, I can't make it" — it's true.

Are there people that you cut out of your life in this process? Did you "break up" with any friends?

Over the course of the last few months, I have phrased this without naming names or identifying characteristics. There are definitely people that I have stopped making the effort to accommodate, and I think it has served me well.

How have they reacted?

I really haven't received any pushback or blowback. It is possible people are talking about me behind my back. But since I'm not hearing it, I don't have to give a f—. I really haven't had any confrontations; I haven't had any accusations. I think for the most part, my friends and family have been like, "OK, great, that's who you are. This is funny and fun and I wish I could be more like you."

This isn't just about having more time to do things you actually enjoy. You say that "your f—s affect your mind, body and soul." What do you mean by that?

It goes back to the idea of allowing yourself to look out for Number 1 and be a bit selfish. It's going to stand you in good stead. You're going to be better rested, you're going to be less angry and annoyed. In contrast to the Marie Kondo book, which really focuses on your physical space and clutter, my book is focusing on your mental clutter. Allowing people to lift the burden of guilt and obligation is very good for the soul. TORSTAR NEWS SERVICE

Come to terms with vaping

LEARN THE LANGUAGE

Cut through haze of e-cig slang with this handy glossary

The subculture revolving around the use of e-cigarettes, or "vaping," has grown rapidly in both the United States and Canada, replete with a range of unique terms.

The following are some commonly used words and phrases in the vaping world.

ADV
"All day vaping" — many like to vape continuously throughout the day and will typically seek a milder flavour of e-juice — the liquid from which inhalable vapour is produced — usually steering away from exotic blends.

Cloud chasing
A competition to see who can produce the largest vapour puffs. Cloud-chasers prefer larger amounts of vapour per drag and blow rings into the air.

Coil
The metal heating element in an e-cigarette that produces vapour from e-juices. Different designs and heating speeds can affect the strength of a drag off an e-cigarette. Coils are usually cleaned every couple of days.

CREAMY
Creamy e-juices are more redolent with non-fruit flavours such as peanut, custard, coffee and chocolate.

The fast-growing vaping subculture is creating new ways of talking about e-cigarette use. ISTOCK

PG/VG ratio
A measure of the vapour-vs-flavour balance in e-juice. It refers to the ratio of two major ingredients, propylene glycol and vegetable glycerin. More VG produces thicker clouds of vapour, but will dampen the flavour.

Stealth vaping
The opposite of a cloud-chaser — stealth vapers seek smaller volumes of vapour for more discreet vaping in settings such as the office or a restaurant.

Throat hit
Refers to the intensity of a vaping hit. A good throat hit is analogous to that of a strong cigarette and can be affected by nicotine levels.

Vape on
An oft-uttered rallying cry for vaping enthusiasts. AFP

FITNESS TRENDS

Work out like the stars
A roundup of celebrity-loved workouts that are set to become even bigger in 2016 includes:

Ballet
Thanks to Victoria's Secret Angels putting their runway-ready bodies down to barre classes, 2015 saw ballet-inspired workouts replacing yoga and Pilates class, but 2016 will see what could have been a passing fad develop into a serious fitness trend. Ballet devotees include Gigi Hadid and Victoria's Secret Angel Lily Aldridge.

Boxing
Many of the Victoria's Secret Angels also maintain their high fitness levels and sculpted bodies with boxing. Longest-running Angel Adriana Lima has been a devotee for over 10 of her 16 years as an Angel. But it's not just models who will help the rise in 2016 of boxing's popularity. Holly Holm, who recently beat high-profile Ultimate Fighting Championship (UFC) fighter Ronda Rousey, is an ex-professional boxer.

TRX
Developed by an elite Navy SEAL commando, TRX uses just one piece of equipment, the TRX Suspension Trainer, which enables you to practice over 300 exercises. Jennifer Lopez, Gisele Bundchen, and Gwen Stefani, are all rumoured celebrity fans. AFP

MINDFULNESS

Whatever your resolutions, meditation can help you achieve them

New Year's resolutions can be all over the map. Maybe you're making small tweaks, like trying to work out more or eat healthier. Or maybe you're striving for big changes — quitting smoking or losing weight. Whatever your resolutions for 2016, mindfulness experts say this popular meditation strategy can help you stay on track and realize your goals.

What is mindfulness?
With its roots in Buddhist meditation traditions, mindfulness is a mental state that's achieved by focusing your thoughts on the present. That sort of focus means you're conscious of your feelings and bodily sensations, and not just living your life on autopilot.

"Are you really tasting the strawberries, or are you just shovelling them in your mouth? If you're talking to a friend, are you paying attention to all the non-verbal cues?" says Dr. Paul Kelly, clinical director at the Mindfulness Clinic in Toronto. "The richest, most fulfilling human moments we have occur when we're really tuned in to one another."

Focus on the positive
When it comes to New Year's resolutions, mindfulness strategies can help you shift your focus. Say you want to butt out for good. Sure, you're losing the pleasure of nicotine, but Kelly says practicing mindfulness can help you focus on what you're gaining instead.

"It's important to think about what about this will be positive or rewarding for me. I'll enjoy not coughing as much, not having the smell of cigarettes on my clothing, I'll enjoy sharing with my friends that I've made this change," he says. By being aware of the positive gain, you're shifting your mind towards success.

Practice urge-surfing
If you're trying to give up a bad habit — constant snacking, or regularly creeping your ex on Facebook — you should try "urge-surfing," says psychologist Jonathan Kaplan, director of the SoHo CBT + Mindfulness Center. That means paying attention to your emotions, and the internal and external conditions fuelling your decisions.

With emotional eating, for example, it's easy to reach for the nearest bag of chips because you're acting on autopilot, Kaplan says, rather than paying attention to your feelings and motivations for eating in the first place. "If we don't give into that urge, it'll subside," he says. "We just have to ride or surf it out."

If you want to give up a bad habit, like constant snacking or always creeping your ex on Facebook, pay attention to your emotions, says psychologist Jonathan Kaplan. TORSTAR NEWS SERVICE

Start actually meditating
You can apply mindfulness principles in your life, but actually practicing meditation can be the best way to overhaul how you think on a regular basis. Formal meditation starts building our ability to sustain our attention for longer periods of time, and "cultivating that attitude of acceptance," says Kaplan. But that doesn't mean you need to sit in a lotus pose for half an hour — even just a few minutes at a time can help you get on track.

Kaplan suggests taking a meditation class or using an app to get the ball rolling. Kelly says it's also worth doing a mindfulness review at the end of each day, focusing on how you felt and if there were any obstacles you faced in hitting your goals. TORSTAR NEWS SERVICE

GOSSIP BRIEFS

Leo's single again
Leonardo DiCaprio has reportedly called it quits with Sports Illustrated model Kelly Rohrbach after about six months of dating.

"They've been broken up for over a month," a source tells Us Weekly. "It was mutual. They both have intense work schedules and a lot going on in their lives."

Looks like Hollywood's reigning bachelor is back to his old ways. NED EHRBAR/METRO HOLLYWOOD

Pregnancy rumours
Gwen Stefani and Blake Shelton have hit another milestone in their celeb romance: the unsubstantiated pregnancy rumour. Star magazine reports that Stefani and Shelton spent the holidays with a bit of extra cheer due to a supposed bun in Gwen's oven just a few months into their relationship. But just because they could be expecting, doesn't mean they'll be tying the knot. "Gwen is hoping for a wedding, but Blake's not ready," a source warns. One milestone at a time, right?
NED EHRBAR/METRO HOLLYWOOD

Emerging filmmaker gives Netflix public shaming
Filmmaker Xavier Dolan is none too pleased with the way Netflix is handling his acclaimed film, Mommy — specifically how they've messed with the aspect ratio.

"Who has bestowed on you the right to revise my choices, and how competently have you pondered the impact of such decision both on my film and the public?" Dolan writes in an open letter to Netflix U.K. posted on his Twitter account.

"You did not direct this movie. You did not write this movie. You did not produce this movie. So can anyone or anything except me warrant the liberty you took upon my work? No."

He seems pretty upset. A Twitter response from a Netflix account representing the U.K. and Ireland thanked Dolan for alerting them and said only "we are looking into this" but chances are they're in shock from a filmmaker having guts to publicly say anything bad about Netflix.
NED EHRBAR/METRO HOLLYWOOD

JOHANNA SCHNELLER WHAT I'M WATCHING

The rom-com gets depressed

THE SHOW: You're The Worst, Season 2, Episode 12 (FX Canada)
THE MOMENT: The Ultimatum

You're The Worst creator Stephen Falk is trying to deepen the rom-com genre but he isn't pulling it off with a plotline involving character Gretchen's bout of depression . BYRON COHEN/FX

Sharp-tongued music promoter Gretchen (Aya Cash) lies stone still on a daybed, facing away from her boyfriend Jimmy (Chris Geere), a British expat novelist, with whom she lives in Los Angeles. She won't talk to him.

"Snap out of it!" Jimmy berates her. "Stop it stop it stop it. You're being dramatic and self-pitying and frankly, it's unbecoming.

If she keeps this up, he threatens, he's leaving. With another woman. His phone beeps. It's a text from Gretchen.

"Leave the door unlocked," he reads aloud. "I may want to order food later."

Throughout Season 1 these two cynics, who reject romance, found themselves falling for each other. Each episode posed a relationship test: Should I spend the night? Should we admit we're dating? Should we be exclusive? To their astonishment, they kept passing. But at the beginning of this season, they ran smack into a truly serious problem: Gretchen suffers from depression, and it's pulling her down again. Jimmy can't, or doesn't want to, help her. All fun screeched to a halt.

Series creator Stephen Falk is obviously trying to deepen the rom-com genre, and I admire him for that. As disconcerting as it is when your hilarious friend suddenly gets serious, comedy can and should go to uncomfortable places. But that's not the problem here. The problem is, Falk hasn't pulled it off.

It's great that he treats the disease seriously. But he's gone down a rabbit hole, and I don't see how he can snap out of it.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

QUIZ

Can you speak self-entitled? Who said it: Schitt's or Smiths

Which self-entitled sibling duo dropped these outrageous lines: Schitt's Creek's Alexis and David Rose, or Willow and Jaden Smith?

On CBC sitcom Schitt's Creek, David and Alexis Rose (Dan Levy and Annie Murphy) are extravagantly spoiled, fashion-tastic millennial siblings, exiled to a small town where bottle service is what they call that other line at the Beer Store.

As the younger Roses quip their way through a life less fabulous, their lines echo another pair of extravagantly spoiled, fashion-tastic millennial siblings: Jaden and Willow Smith, children of actors Will Smith and Jada Pinkett Smith. Do you speak self-entitled?

Before Schitt's Creek's second season debuts on CBC on Jan. 12, try to guess whether these doozies were spouted by the Smiths or the Roses.

1. "I could not be more at one with nature. I do Coachella every year."

2. "There're no novels that I like to read so I write my own novels, and then I read them again, and it's the best thing."

3. "I don't want to be written off as some gorgeous airhead."

4. "I went to school for one year. It was the best experience but the worst experience. The best experience because I was, like, 'Oh, now I know why kids are so depressed.' But it was the worst experience because I was depressed."

5. "I'm trying very hard not to connect with people right now."

6. "I don't think I'm as revolutionary as Galileo, but I don't think I'm not as revolutionary as Galileo."

7. "I could literally climb a mountain and survive a couple nights in nature. That's a requirement for my clothes because one day I was on the freeway and I saw a mountain, so I literally just pulled over and climbed it."

8. "I miss being surrounded by loose acquaintances who think I'm funny and smart and charming."

9. "I just have a different kind of relationship with my friends where we don't have to be in constant contact with each other."

10. "The world is like a pimple, everything is about to explode and release the truth onto everyone's patios."
TORSTAR NEWS SERVICE

ANSWERS

1. David Rose
2. Willow Smith
3. Alexis Rose
4. Willow Smith
5. David Rose
6. Jaden Smith
7. Willow Smith
8. Alexis Rose
9. David Rose
10. Willow Smith

metro SPORTS

"We wanted it more": Russian coach Valeri Bragin didn't mince words when asked what the difference was between his team and the U.S.

Matthews 'is the real deal'

WORLD JUNIORS

Cream of 2016 draft crop impressing pro scouts

Jesse Puljujarvi and Patrik Laine have one thing Auston Matthews does not: a shot at a gold medal at the world junior hockey championship.

Puljujarvi and Laine have joined the conversation as possible top picks in June's NHL draft in large part because of their contribution on the first line on Team Finland, which plays Russia on Tuesday for the gold medal.

Matthews, however, remains a no-brainer for the first pick overall even though the Americans will face Sweden — and another draft eligible, Alexander Nylander — for the bronze.

"Matthews has shown throughout the tournament he is a franchise player," said Mark Seidel, chief scout for the North American Scouting Service, an independent service. "He has been the guy that every team game plans against and still been phenomenal.

"Some will suggest guys like Puljujarvi and Laine have gotten into the conversation for No. 1, but don't believe it."

Every year, the world junior tournament has a handful of important undrafted players. But this year, it's a bonanza for scouts, especially for teams that might be picking in the top five, especially since those five might still be playing.

Auston Matthews missed the age cutoff for the 2015 NHL draft by two days. SEAN KILPATRICK/THE CANADIAN PRESS

> **He plays the game at full speed all the time.**
>
> U.S. coach Ron Wilson on Auston Matthews

Matthews has been the focus of attention since last year's world juniors. Because his birthday is Sept. 17, he just missed last June's draft cutoff for players — they must be 18 by Sept. 15. Many believe he'd have been a top-three pick last year along with Connor McDavid and Jack Eichel.

"(Matthews) is the real deal," said Dan Marr, chief scout for NHL Central Scouting. "This kid only has an on-switch. He's even hard to play against in practice. He'd have been in the mix with Eichel and McDavid."

Matthews, however, ran into a bit of a brick wall against the Russians, a team of older players.

"I thought we really clicked well and as a team we played unbelievable as well," he said. "We gave 110 per cent and obviously, like I said, it's a tough pill to swallow with losing in the semifinals." TORSTAR NEWS SERVICE

TOP-TIER TALENT

Finland's Jesse Puljujarvi, pictured, leads the tournament with 15 points. His teammate Patrik Laine and Auston Matthews of the U.S. are tied for third with 11 points, though Matthews' seven goals leads the tournament.

GETTY IMAGES

SEMIFINALS

Russia eliminates U.S. for third straight year

Yegor Korshkov had the eventual winner and added an assist as Russia advanced to the final of the world junior hockey championship with a 2-1 victory over the United States on Monday.

Russia will face host Finland in the tournament's gold-medal game on Tuesday.

Pavel Kraskovski also scored for Russia and Ilya Samsonov made 26 saves for the win

Christian Dvorak scored for the United States, which will face Sweden on Tuesday afternoon in the bronze-medal game.

The Russians ousted the U.S. in the tournament for the third straight year.

Finland earns chance to win gold on home ice

Antti Kalapudas scored the winning goal Monday as host Finland advanced to the final of the world junior hockey championship with a 2-1 win over archrival Sweden.

Kalapudas scored on a second-period power play to send Finland to its second championship final in three years. The Finns beat host Sweden 3-2 in the 2014 gold-medal game.

Roope Hintz also scored for Finland. Rasmus Asplund had the lone goal for Sweden.

Kaapo Kahkonen made 21 saves for the win.

THE CANADIAN PRESS

LeBron James and Tristan Thompson pressure the Raptors' Kyle Lowry on Monday night in Cleveland.

TONY DEJAK/THE ASSOCIATED PRESS

NBA

Raptors caught off guard by Cavaliers

Kyrie Irving scored a season-high 25 points, J.R. Smith had 24 on eight three-pointers and the Cleveland Cavaliers defeated the Toronto Raptors 122-100 on Monday night.

Irving, playing his sixth game since returning from a broken left kneecap, was 10 of 16 from the field. The three-time all-star, injured in Game 1 of last season's NBA Finals, added eight assists and six rebounds.

LeBron James, who didn't play in the fourth quarter, had 20 points and seven assists in 31 minutes as all five Cleveland starters finished in double figures.

MONDAY In Cleveland

CAVALIERS	RAPTORS
122	100

Tristan Thompson added 14 points with 11 rebounds, and Kevin Love scored 14 as Cleveland improved to 15-1 at home.

The Cavaliers used a 21-9 run late in the third quarter to finally open up some distance on the Raptors, who were led by Kyle Lowry's 23 points.

Smith's three-pointer midway through the third broke a 69-69 tie.

Two dunks and a three by James, Irving's layup and Matthew Dellavedova's triple keyed the spurt for Cleveland, which led 90-78 going into the fourth.

Smith's eight threes were a season high, and Dellavedova added 11 points. The final margin was Cleveland's biggest lead.

DeMar DeRozan scored 19 points for Toronto, which played without forward DeMarre Carroll (sore right knee). Patrick Patterson scored 15 points and Bismack Biyombo added 10.

THE ASSOCIATED PRESS

NO PAYBACK

Toronto's Anthony Bennett, selected by Cleveland with the No. 1 pick in the 2013 draft, was inactive Monday night.

IN BRIEF

Real Madrid fires Benitez, Zidane put in charge

Real Madrid fired coach Rafa Benitez on Monday after only seven months and replaced him with its former star player, Zinedine Zidane.

Club president Florentino Perez announced the decision at the Santiago Bernabeu stadium on Monday, a day after Madrid's 2-2 draw at Valencia deepened a crisis that started with an embarrassing 4-0 home loss to rival Barcelona in November.

Real Madrid is third in the Spanish league, four points behind leader Atletico Madrid and two behind Barcelona, which has a game in hand.

THE ASSOCIATED PRESS

Williams withdraws from Hopman Cup with injury

Serena Williams withdrew from her opening match at the Hopman Cup on Monday because of inflammation in her left knee, an early setback in her preparations for an Australian Open title defence.

The top-ranked Williams practiced ahead of her scheduled season-opener against Elina Svitolina of Ukraine in the international mixed-team competition at Perth Arena, but withdrew from the match and was replaced by Vicky Duval.

THE ASSOCIATED PRESS

Unpaid bills turn Rio Olympic stadium dark

The track and field stadium for this year's Rio de Janeiro Olympics was without power Monday with the city hall and Rio soccer club Botafogo blaming each other for unpaid utility bills.

"We have to find out who is responsible for the debt," the club told The Associated Press in a statement. THE ASSOCIATED PRESS

Coughlin resigns as Giants head coach

Tom Coughlin, who returned the Giants to NFL prominence by winning two Super Bowls, resigned Monday after missing the playoffs for the fourth consecutive year.

Tom Coughlin GETTY IMAGES

The Giants announced the decision one day after the Giants (6-10) capped their third straight losing season with a 35-30 defeat against Philadelphia.

THE ASSOCIATED PRESS

Oddsmakers going wild

NFL PLAYOFFS

Steelers, Chiefs and Seahawks all favoured to win on the road

The Seahawks will be confident going into Sunday's clash in Minnesota having torched the Vikings 38-7 in Minneapolis on Dec. 6. HANNAH FOSLIEN/GETTY IMAGES

It looks like it's a good year to be a wild card in the NFL playoffs.

The oddsmakers certainly think so, making Kansas City (3 points), Pittsburgh (2-1/2), and Seattle (5-1/2) favourites on the road in the opening round of the post-season. The only wild card that is an underdog is slumping Green Bay, and by only a point at Washington.

Those wise guys also have made the sixth-seeded Seahawks the third choice to win the NFC at 9-4, behind Arizona and Carolina, each at 2-1 odds. The AFC's sixth seed, the Steelers, also are the third choice behind division winners Denver and New England. As for the upcoming weekend, what they are thinking in Las Vegas is that none of the division winners — Redskins, Texans, Bengals or Vikings — is impressive.

Indeed, much of the talk the past few weeks around the league was about which opponent was a must to avoid, with the Seahawks, Chiefs and Steelers the front-runners in that race.

3

Number of teams — Patriots, Cardinals and Panthers — that are 9-2 co-favourites at the Westgate to hoist the Lombardi Trophy.

The Chiefs have done what's necessary in 10 straight games for one of the great turnarounds in NFL history. The Chiefs rank first in the AFC with a plus-14 turnover margin. The defence is formidable and might get back its best player, linebacker Justin Houston (knee). They're 5-3 on the road and already have won at the Texans, in the season opener, when KC wasn't nearly so strong.

Although Pittsburgh stumbled badly in Week 16 with its loss at the Ravens, it got another chance when the moment proved too big for the Jets in Buffalo. Considering how the Steelers can ring up points on anyone, plus their strong post-season pedigree with leaders such as Ben Roethlisberger, Heath Miller, Cam Heyward, revitalized James Harrison and coach Mike Tomlin, the Bengals can't be thrilled with Saturday night's matchup.

Considering how Minnesota has closed the schedule, winning three straight to grab the NFC North and also with a close defeat at Arizona before that, some might be surprised to see the Seahawks so heavily favoured. If so, those folks have forgotten the shellacking Seattle handed the Vikings in Minneapolis in early December.

For further emphasis, this is a more-balanced Seahawks team than the squads that reached the past two Super Bowls. Its defence might not be quite as dynamic, but its offence is vastly superior to 2013 and 2014.

THE ASSOCIATED PRESS

WILD-CARD ROUND MATCHUPS

AFC: Kansas City (11-5) at Houston (9-7), Sat, 4:30 p.m. ET
AFC: Pittsburgh (10-6) at Cincinnati (12-4), Sat, 8:15 p.m. ET
NFC: Seattle (10-6) at Minnesota (11-5), Sun, 1 p.m. ET
NFC: Green Bay (10-6) at Washington (9-7), Sun, 4:30 p.m. ET

NBA

Jordan has sights set on Wilt's record

Wilt Chamberlain, your record is in jeopardy. No, not the 100-point one.

DeAndre Jordan of the Los Angeles Clippers — who has made 25 of his last 28 shots from the field — very quietly made a run at Chamberlain's shooting-percentage record last season and is doing it again.

Jordan has made 149 of his 205 shots this season, putting him just a hair behind the league's all-time mark in that department. Chamberlain holds the record, set in the 1972-73 season.

How close is Jordan to the mark? He's at 72.683 per cent. Chamberlain's record is 72.696 per cent. If Jordan makes his next shot, he would be on pace to supplant Chamberlain on top of that list. And he's been a huge key to the Clippers' current six-game winning streak, all while star forward Blake Griffin has been out with a partially torn left quad tendon.

Wilt Chamberlain, right, and DeAndre Jordan GETTY IMAGES

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RECIPE Baked Eggs with Mushrooms

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This light yet comforting dinner is perfect for a night when you get home late feeling like you can't possibly cook.

Ready in
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Serves 2

Ingredients
- 2 Tbsp butter
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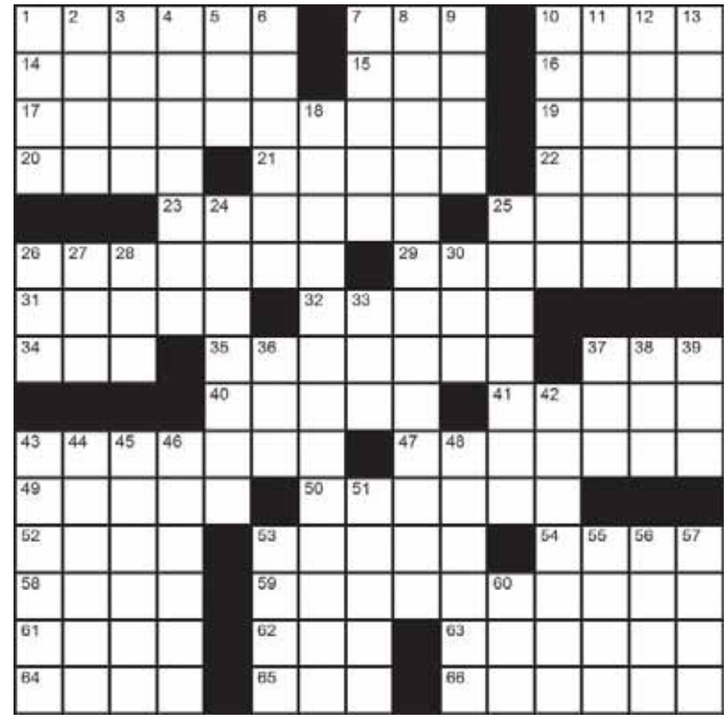
- 1/2 cup Fontina cheese, grated
- 2 eggs
- Salt and pepper to taste

Directions
1. Preheat the oven to 400 F.
2. In a small-ish, oven-safe pan, melt your butter over medium heat. Add the garlic, mushrooms and thyme. Allow the mushrooms to soften for about 3 minutes.
3. Sprinkle the grated cheese evenly across the mushrooms.
4. Now crack the eggs, side by side, over all of it. Slide the pan right into a hot oven. Ten minutes will give you firm whites and slightly runny yolks. Eggs are a very personal business so keep an eye on them!
5. Serve with warm, buttered toast.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Brains
7. Printer resolution meas.
10. Apple variety
14. Coffee style: 2 mots
15. Alphabetical, e.g.
16. "Z" (1969) star Mr. Montand
17. Family member who dies of a stroke in The Grapes of Wrath: 2 wds.
19. Rat rivals
20. Bypass
21. Tenor role in 1892 opera Pagliacci
22. Big name in shoes
23. More grey
25. Actress Kathy
26. Swimming gear
29. CGI = Computer-generated __
31. __ Scialfa (Bruce Springsteen's wife)
32. Gardeners, at times
34. St. John's International Airport code
35. Suggest
37. Stallion's snack
40. Sulky
41. "Cheers" role
43. Parking penalties
47. Belonging to Canadian actor James Doohan's character on "Star Trek"
49. Broadcasting: 2 wds.
50. Department store of yore
52. Not is
53. Mary __ (William Shakespeare's mom)
54. Russian car
58. Swag
59. Trivial Pursuit, and others: 2 wds.
61. Fashion magazine
62. Pre-AD years
63. Federal government centre
64. Jerry's showbiz partner
65. Mythological beatified spirit
66. Canadian hockey great Cam's surnamesakes

DOWN
1. Droops
2. Gloom
3. Jai __
4. Protective wall or embankment
5. Hint
6. Charlie Chaplin grew/wore one, informally
7. "Lorna __" (1951)
8. Ontario band that makes one think of another part of the country: 2 wds.
9. Oliver! song: "__ __ Anything"
10. Athlete's stuff-carrier: 2 wds.
11. Fly
12. Dr. in "The Silence of the Lambs" (1991)
13. Similarly not difficult: 2 wds.
18. Elvis Presley movie: 2 wds.
24. Doll sister of Barbie
25. Having been the inspiration, as per movies: 2 wds.
26. Have the drone do a looksee
27. Refuser's ritzy response
28. Baseball great Mel
30. __. Fields (Brand of cookies)
33. Decide
36. Decompose
37. Old __ (Not in style)
38. "__ takers?"
39. Thumbs-up
42. 1959 Ricky Nelson hit: 2 wds.
43. Slogged away
44. Footwear accessory
45. Prairies-grown oilseed crop
46. __ heels (Retro style shoes)
48. Mike __, Montreal Canadiens goalie
51. Recipe's salt amount: 2 wds.
53. "Waterloo" band
55. Mrs. George Clooney
56. Damp
57. Botanist Mr. Gray's
60. Bell Atlantic + ___ = Verizon

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Little things will seem less important. But where money matters are concerned be careful you don't let things slide — the line between making a profit and making a loss is not as wide as you seem to imagine.

Taurus April 21 - May 21
Your confidence will soar. You will believe in yourself with every fiber of your being and that belief will make the impossible possible. Don't expect loved ones and colleagues to always be on the same level though.

Gemini May 22 - June 21
Things may look a little gloomy. You won't find it so easy to reach out to the world but that's okay. Try looking in at yourself for a change.

Cancer June 22 - July 23
Someone new will come into your life. Whether or not the friendship stands the test of time remains to be seen but even if it is short-lived it will give you an emotional lift and help restore your faith in people.

Leo July 24 - Aug. 23
You'll attract the attention of some important people. If you play your cards right you might soon be a VIP. The cream always rises to the top.

Virgo Aug. 24 - Sept. 23
Life is good and about to get better. No, really. Even with Mercury, your ruling planet, beginning one of its retrograde phases today you can't help but be more open, outgoing and optimistic.

Libra Sept. 24 - Oct. 23
You'll get the chance to make some serious money, but you could also lose money if you get carried away and start thinking you can't fail. Is there a hidden catch? There may be.

Scorpio Oct. 24 - Nov. 22
No one is immune to your charms. You know exactly what words to use to win others over and you know that even if they resist it is only a matter of time before they give you what it is you desire. You're unstoppable.

Sagittarius Nov. 23 - Dec. 21
Make your routine less exhausting. Find ways to get colleagues to shoulder more. Just because you can do most tasks better than them does not mean you should do everything.

Capricorn Dec. 22 - Jan. 20
This should be one of the most enjoyable times of the year — the only thing that can spoil it is self-doubt. Ignore the voice in your head that says you're out of your league. You're in a league of your own!

Aquarius Jan. 21 - Feb. 19
Let loved ones know what you think of them today, even though it may be less than flattering. Don't worry that you might hurt their feelings. The truth is important.

Pisces Feb. 20 - March 20
You don't care in the slightest what others think — go out of your way to shock today. Life is too short to waste time wondering if others approve of your words and actions.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		9				2		
	3		9		8		5	
5		1		6		8		9
	7		2		9		8	
		4		3		9		
	8		6		4		3	
4		7		8		5		2
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		3				7		

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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5	7	4	6	2	8	1	9	3
6	9	1	7	4	3	8	2	5
3	2	8	9	1	5	6	7	4
2	4	6	1	3	7	9	5	8
7	8	5	4	6	9	3	1	2
9	1	3	8	5	2	4	6	7
1	6	2	5	8	4	7	3	9
4	5	9	3	7	6	2	8	1
8	3	7	2	9	1	5	4	6

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